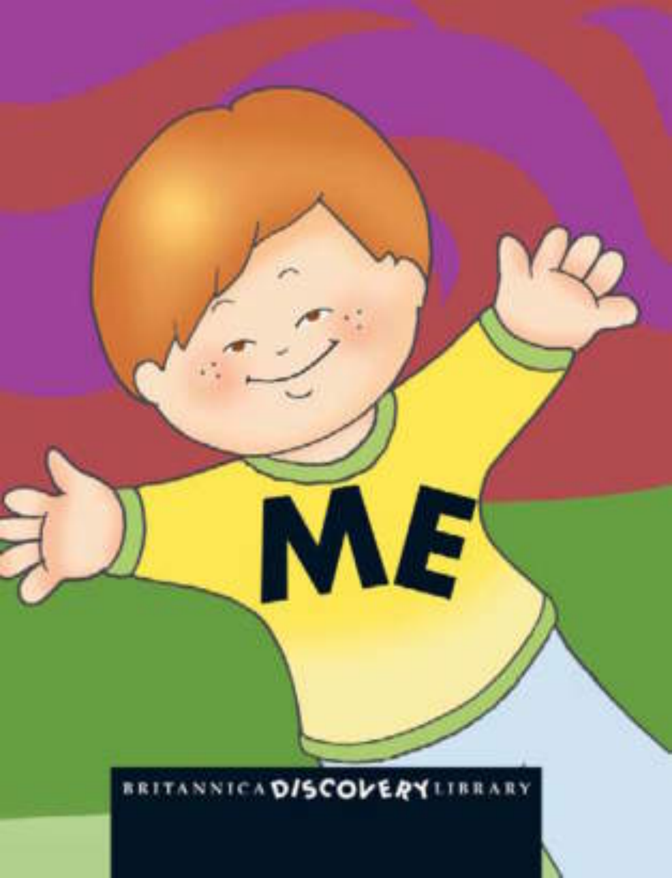
ME



BRITANNICA DISCOVERY LIBRARY

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BRITANNICA
DISCOVERY
LIBRARY



ME

In this book, you will:

learn new words.

answer interesting questions all about your world.

think about all the things that make you who you are.

find fun activities at the back of the book.

ENCYCLOPÆDIA
Britannica®

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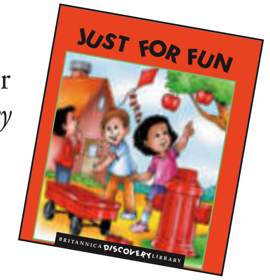
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Welcome to the Britannica Discovery Library

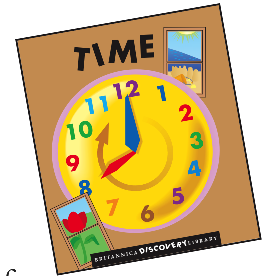




Each of the twelve volumes in the *Britannica Discovery Library* is designed to encourage children to learn about a key aspect of their world while having fun at the same time. The *Britannica Discovery Library* is a resource to be used over several years, as children progress from being read to by others to reading independently.

Each *Britannica Discovery Library* volume includes several valuable extras beyond the fully illustrated text:

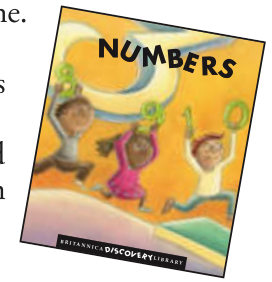




"Question boxes" scattered throughout each volume provide an important interactive component that engages children in making observations, thinking about themselves, and, in many cases, using creative imagination within the context of a particular topic.

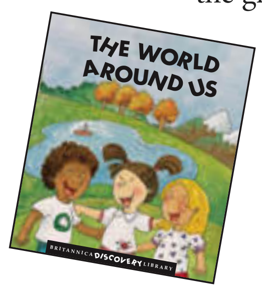
A Glossary, which gives both the pronunciation and definition of difficult or unfamiliar words, is provided at the back of each volume.

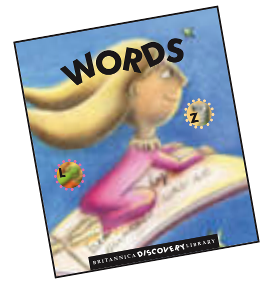




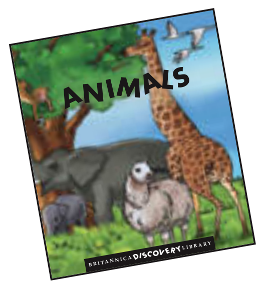
An Activities page at the back of each of the first eleven volumes offers fun activities related to the book's topic. Each activity is meant to increase children's skills and understanding of the world at the same time. The twelfth volume is composed entirely of fun activities, puzzles, riddles, and more.

A Parent/Teacher page in each volume provides tips on how to work with the given activities as well as offering a wealth of information on child development and ways to enhance children's learning—and capacity to learn. An early childhood education specialist guided the development of all these pages as well as the activities throughout the set.





Finally, an important aim of the *Britannica Discovery Library* is to give the adult a chance to share a rewarding experience with children as they grow and learn!











When I was first born I was very small.
I couldn’t really do much at all.

I cried when I wanted something to eat
and laughed when someone tickled my feet.

I cannot remember my very first days,
but I got attention in so many ways.



And as the months passed I grew and grew.
I learned many things, as all babies do.

I learned to sit and I learned to stand.
And I finally walked, holding someone's hand.





Now I can talk and walk on my own.
And everyone says, "Oh, look how you've grown!"



There are lots of things I can do by myself,
like tie my shoes and reach a high shelf.



I can pick out the clothes that I want to wear.
I can dress myself and comb my hair.

I can talk to my friends and my family too.
I can tell them exactly what I want to do.

I have grown a lot. I will grow a lot more.
I will change and be different than I was before.

But no matter how big I grow to be,
one thing won't change—I will always be me.

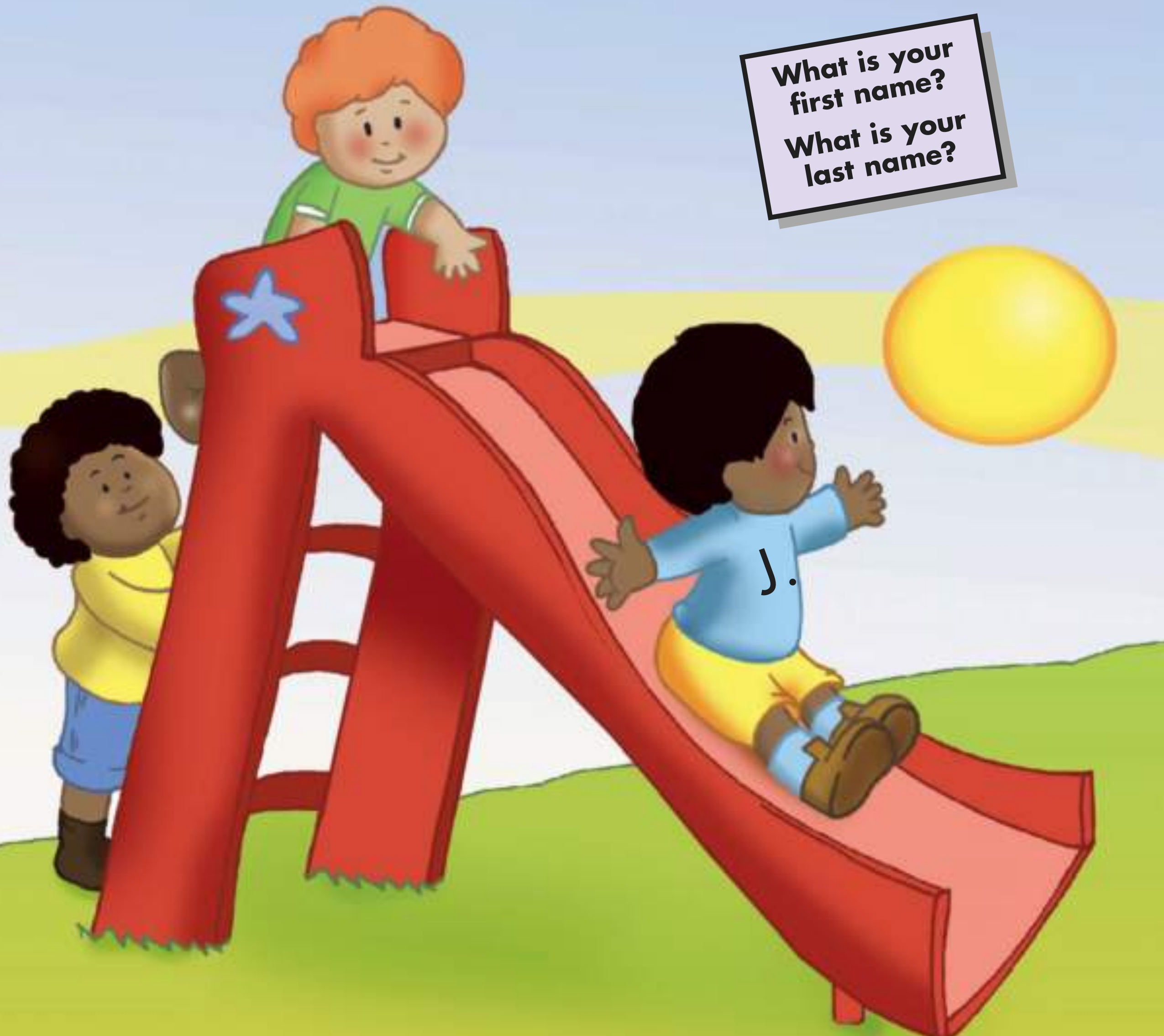


But what makes me ME?

Let's see!

Being me begins with my name.

We all have a first name and a last name.



What is your first name?
What is your last name?

Most people have a middle name too. Some have lots of middle names!

Do you have any middle names?
What are they?



Sometimes people are called by names that are not their real names. These names are **nicknames**. Joey might be called J. Lucinda might be called Lulu. Someone with red hair might be called Red. These are all nicknames.

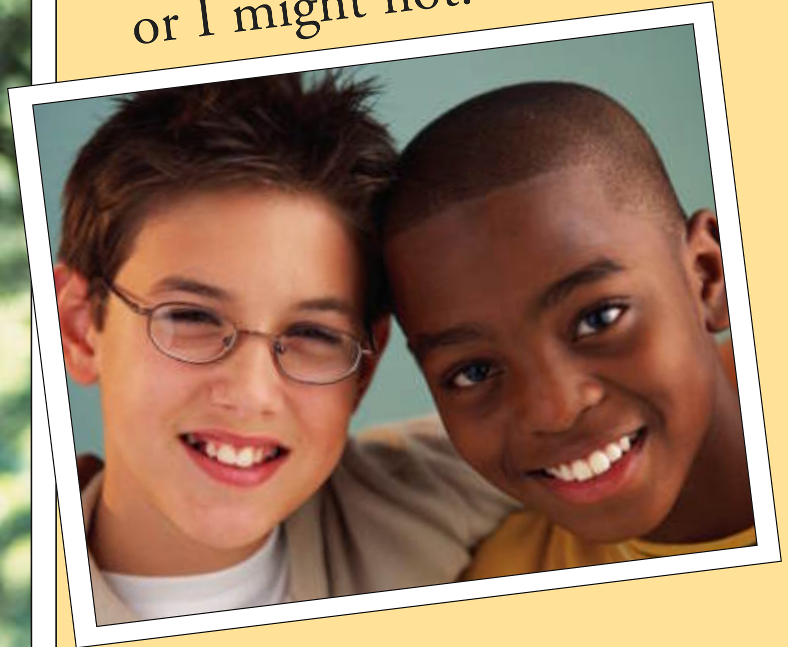
Do you have a nickname?
What is the nickname of someone else you know?

What I look like is another part of what makes me ME.



I might be short or tall.

I might wear glasses, or I might not.





Maybe I have a great smile.

What color hair do you have? Is it curly, wavy, or straight hair?



I might have a whole face full of freckles!







My hair may be curly or straight, light or dark.

What color eyes do you have?

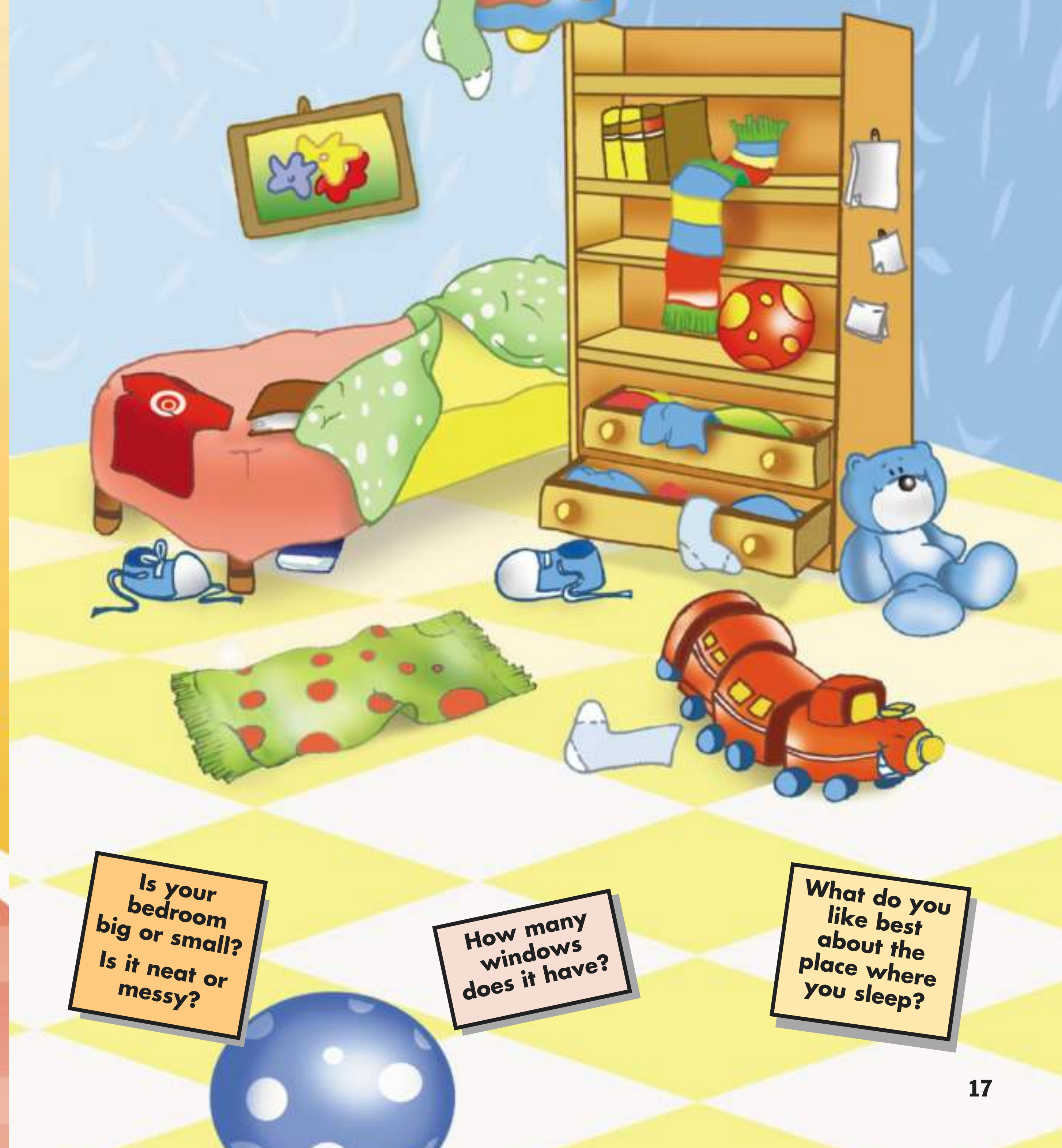
What do you like best about you?

My bedroom tells a lot about me too.

Your bedroom might be small or large. Maybe it is very colorful. It might be a room that looks very neat. Or maybe it is full of stuff all over the place!



It is my place.



Some people sleep in a bedroom all by themselves.
Some have a room just for two…or three.



Sometimes lots of brothers or sisters share the same room.
In some families, everyone sleeps together in one place.

Do you sleep in a bedroom by yourself?
If not, who shares with you?



Some people sleep
in unusual places…
like outside in a **hammock**
under the stars!

Have you ever slept in an unusual place?
What did you like about it?
Was there anything you didn't like about it?

All the fun things I like to do are part of me too.



Being me is also about learning new things.

We learn about things all around us by…

touching



smelling



seeing





tasting

hearing



and by asking questions! The more questions you ask, the more you find out!

Some things are easy to learn.

Every day we learn new words. We learn the names of things, like animals and foods. We learn about things we like and don't like.



Our eyes tell us strawberries are red. Our sense of taste tells us if we like them or not!

What is a taste you really like?

What is something you don't like the taste of?

We sniff a flower and know if it smells good or not!

Things like this are easy to learn.



Can you think of two things that were easy for you to learn?

Other things are a little harder to learn, like...

adding numbers together

2 + 1 = 3

4 + 5 = 9

reading and writing

Dogs and cats are fun!

jumping rope





What is something you are learning right now that seems a little bit hard?

playing a musical instrument

singing a song

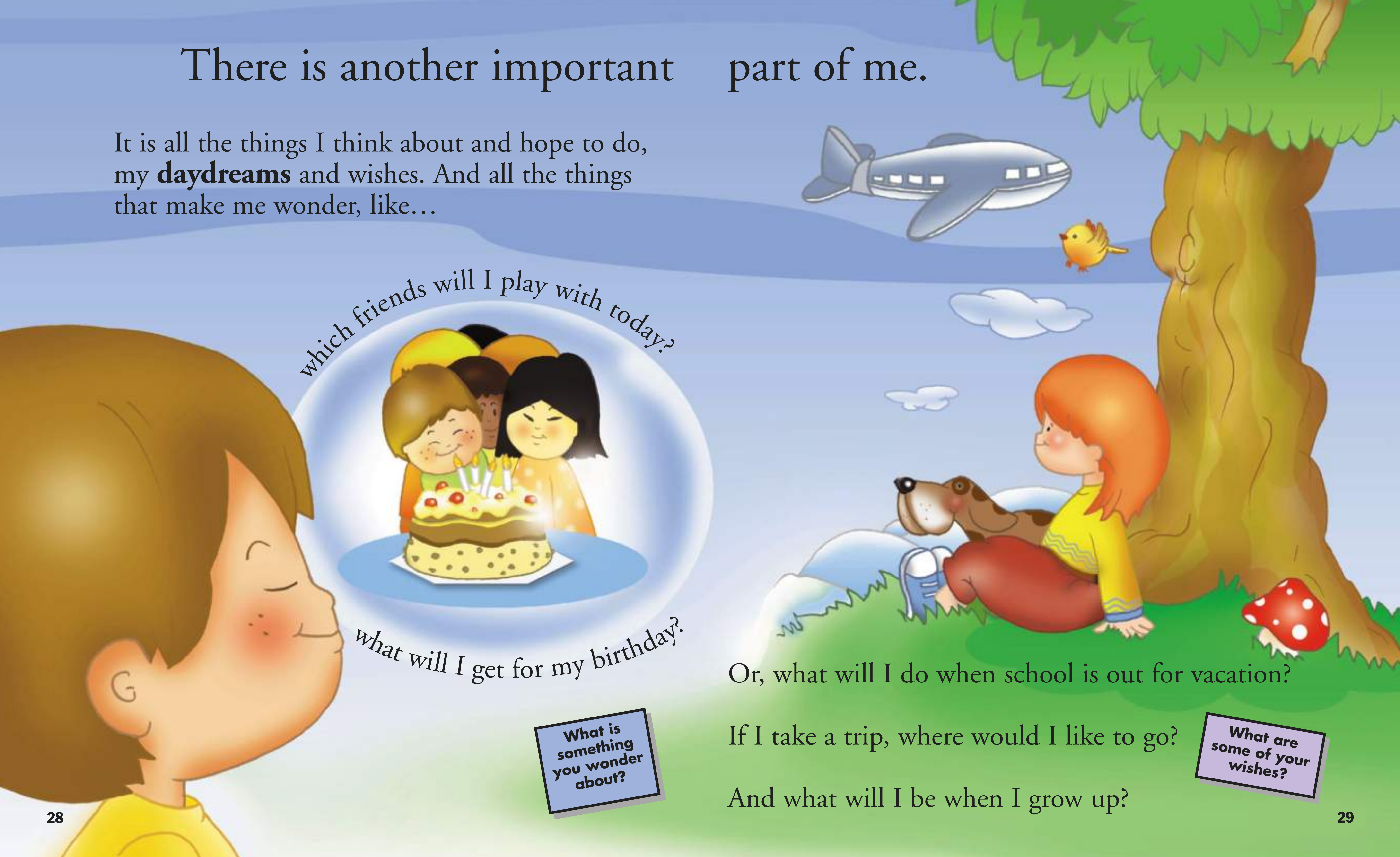


What is something you do very well?

But don't worry! If something seems hard, just keep practicing. The more you do it, the easier it gets! Soon you will be doing it very well!

There is another important part of me.

It is all the things I think about and hope to do, my **daydreams** and wishes. And all the things that make me wonder, like…



What is something you wonder about?

Or, what will I do when school is out for vacation?

If I take a trip, where would I like to go?

And what will I be when I grow up?

What are some of your wishes?

What happens at night when I close my eyes
and fall asleep? I dream!

My nighttime dreams are part of me too.

Some dreams take us to surprising places.



You might find yourself playing
outside a gingerbread house!

You might chase a wild tiger through the woods!

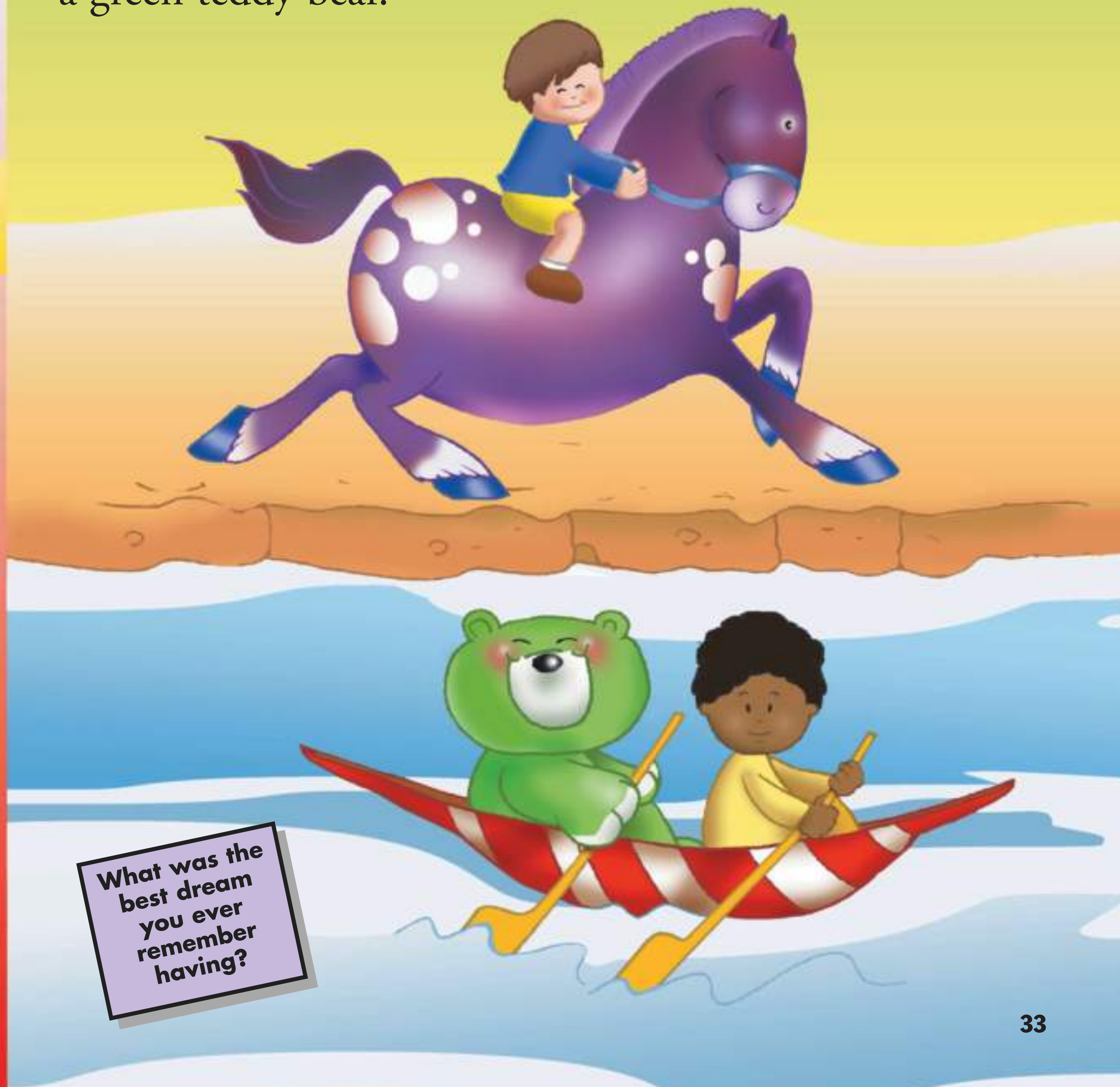
Can you remember a place you went in a dream?

Dreams come in all kinds of colors too! In a dream, a brightly striped bird might drop you into a fat, pink nest.



Do you remember seeing something colorful in a dream? What was it?

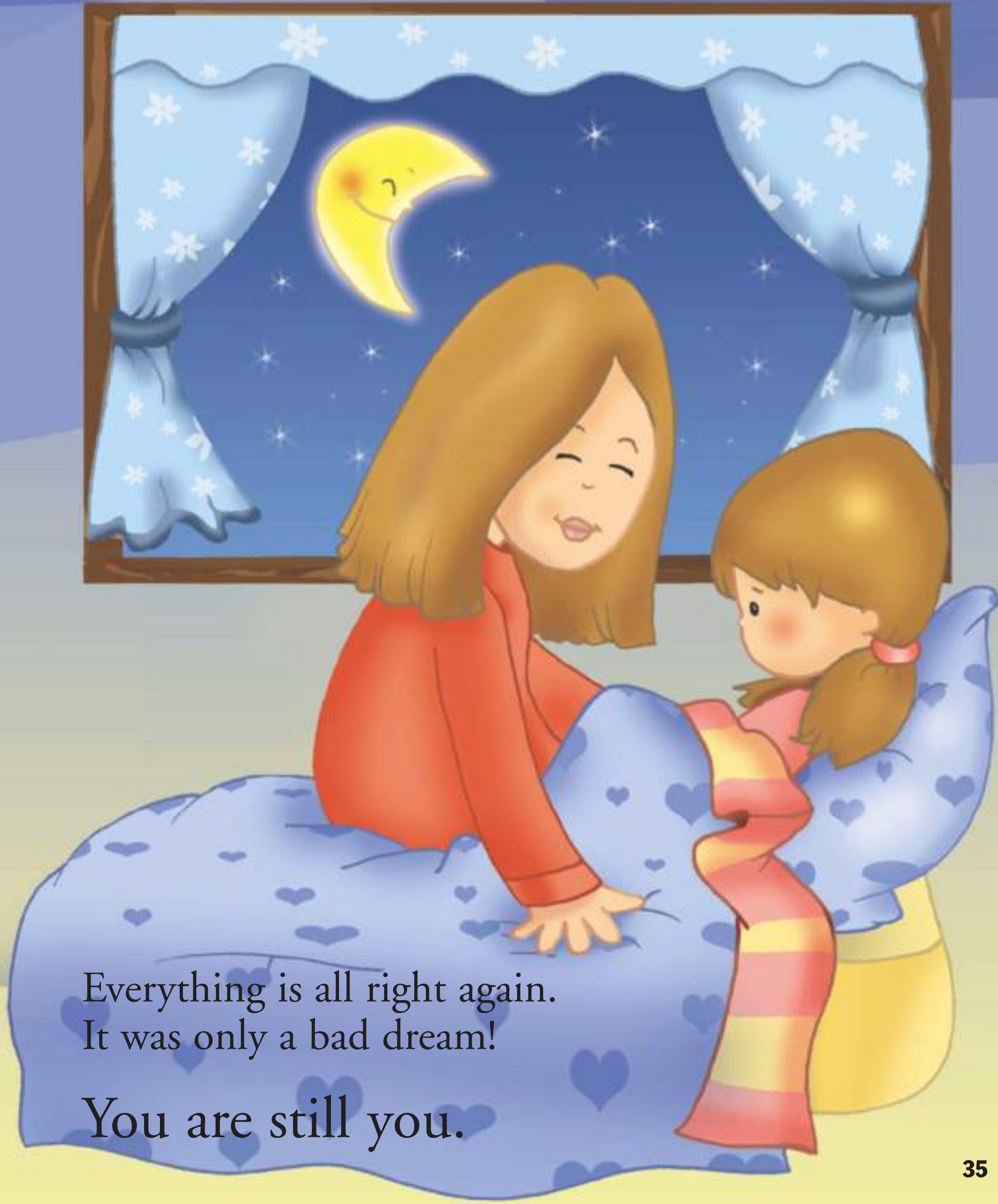
You might ride **bareback** on a purple horse. You might float in a red and white **canoe** with a green teddy bear.



What was the best dream you ever remember having?

Sometimes a dream might be a little bit scary.
But then you wake up and find yourself safe.





Everything is all right again.
It was only a bad dream!

You are still you.

Who am I?

I am somebody with a name and a place to live.
I have a bedroom and toys that I like.
I am learning lots of new things every day.
I like to have all kinds of fun.
I have wishes and dreams.





All these things together
make me who I am.
No one else is exactly like me.

I am just me.



ME
GLOSSARY



bareback (BEHR bak) without using a saddle



canoe (KUH noo) a narrow boat pointed at both ends and which is moved by using a paddle

daydreams (DAY dreemz) dreamy thoughts that take your mind away from what you are doing



hammock (HA muk) a long piece of cloth that is hung at both ends by ropes to be used as a bed

nicknames (NIK names) names added to or taking the place of real names and which are sometimes cute or funny

Fun Ways to Learn about ME

Who Are You?

1 How well do you and your friends know each other? Here is a fun way to find out! Each person playing draws about seven to ten different things—for example, things like a cat, a dog, chocolate pancakes, a bicycle, a carrot, and someone taking a bath—on a large piece of paper. Or, instead of drawing, you could cut out pictures from old magazines and paste them on the paper.

Put some things that you like very much on the paper. Also put on some things you don't like. If you don't want to draw or cut out pictures, gather some things that you like and don't like from around the house to use instead.

Taking turns, each person shows his or her things to the other players. These other players must now pick out all the things in your picture that you like. How many will they get right?

Self-Portrait Sculpture

2 Making shapes out of clay is fun. It is even more fun to use clay to shape an image of yourself. To do this, use modeling clay from a craft store.

You might want to shape only your head, or you could make a model of your whole body. You might want to have a mirror or a picture of yourself handy, to look at while you are working on your model, or sculpture. When the clay has dried completely, you could add paint to color your eyes or your hair, but the plain color of the clay is good too. When you get older, it will be fun to look back at one of your earliest self-portraits!

Feelings—Words and Pictures

3 This is a good activity to do with your mom, dad, or another grown-up you are close to.

Think of all the different feelings you have, like happy, sad, tired, afraid, excited, angry, and loving, for example. Ask your parent or other grown-up friend to write down each feeling you think of on its own piece of paper. Then tell that person all the things that give you each feeling and have him or her write them down under the name of the feeling. Then draw a picture, use your photographs, or cut out pictures from magazines to put on each page. (For example, if your pet makes you feel happy, put a picture of it on your Happy page.) Staple the pages together to make a whole book!



Helping Children Get the Most out of the *ME* Volume

By acknowledging and encouraging their efforts at self-expression and by listening nonjudgmentally to their feelings, adults play a critical role in building children's self-awareness and self-esteem. Similarly, try to notice and acknowledge the things that naturally interest them. Children are more eager to learn and learn much more when the content relates directly to them and their individual interests. The activities on the previous page will help your children discover their own likes and dislikes and understand more about themselves while they are engaged in creative play.

Who Are You? Tell the children that they are going to create a "picture" of themselves by showing things they like and don't like. Give them the choice of either drawing the objects, finding pictures in old magazines, or collecting some objects that show their likes and dislikes. By joining in the activity and making your own "likes and dislikes" picture, you can give children a chance to see what's expected of them while learning something about you too. Suggest or point out things that your children like and dislike, such as activities, foods, animals, and articles of clothing. When the projects are finished and the guessing part of the activity begins, you can add to the self-discovery by asking questions of the children, such as, "Why don't you like that food?" and "Why is that your favorite animal?" Even if you know which are which, wait to ask such questions until the children have revealed the things on their pictures they like and don't like.

Self-Portrait Sculpture. Children will have lots of fun while trying their hands at this tactile activity. Although this is an exercise in creating a "self-portrait," your child's imagination might result in a sculpture resembling just about anything! Let your watchwords be "anything goes" and let children know that there's no "right" or "wrong" way to portray themselves. You might gently guide younger children, or play a little guessing game with them, by asking questions about the sculpture, such as "where is your nose?" or "how many ears does your sculpture have?"

Feelings—Words and Pictures. This activity is valuable in getting a child to recognize and communicate his or her own feelings. When you "take dictation" from children, write down the words they say exactly as they speak them. This shows them that what they say is important. It also encourages greater interest in reading and writing because these are their words. Respond to children's expressions of feeling with interest and openness rather than judging what they say, scolding, or showing other negative emotions. This conveys the message that their emotions matter and that it is fine to talk about them, both of which are essential building blocks in their learning to get along well with others.


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